

SUMMER 11/12

1800 calorie menus

Breakfast & Lunch

13 15 12

www.liteneasy.com.au



13 15 12

liteneasy.com.au



Ordering is e@sy:

Take a moment to record your Lite n' Easy delivery and login details. This information will make it even easier to order your Lite n' Easy selections.

My delivery day is:

My cut off day for ordering is 11am (10am WA, 12pm NSW):

If you are unsure about any of the information above please call us on 13 15 12 to confirm your details.

My Lite n' Easy website login:

My password:

IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE:

Before consuming any Lite n' Easy products, please consider that they are produced in facilities which handle the following ingredients: Milk, Egg, Soya, Seafood (including Crustaceans), Peanuts, Sesame Seed, Tree Nuts, Gluten (from Wheat, Rye, Barley, Oats & Spelt) and Celery.

It is not possible to guarantee the total absence of these ingredients in any Lite n' Easy products. For ingredient list visit www.liteneasy.com.au

Using your new summer menu

- To select the OPTIONAL lunch and/or breakfast for any day, simply contact us by 11am (10am WA, 12pm NSW) the day prior to your delivery day.
- Items in RED type are FROZEN products and are to be stored in your freezer.
- You supply 2.5 litres of skim milk weekly (1.5 cups per day).
- For nutritional balance and freshness, eat the breakfasts and lunches on the specified days.

Due to product availability and seasonal changes, some items listed may vary from those that you receive.

Welcome



Our new summer menu is full of deliciously light and tasty selections we've created with just one purpose in mind – to get you into great shape for summer!

Take a look at these great breakfast and lunch choices – combined with selections from the Lite n' Easy dinner menu, they offer a completely balanced and delicious way to lose weight and make the most of this fantastic time of year.

Try it online and reap the rewards.

Ordering online is so quick and easy and you can do it at a time that suits you. Simply log on at www.liteneasy.com.au and follow the instructions.

Lite n' Easy Mini Meals, Meals in a Bowl and Desserts

Delicious Extras... for very little extra

Whether you're after a tasty treat, healthy lunches for work or a smaller dinner meal for you or the kids to enjoy, Lite n' Easy has a delicious range of extra options that are perfect for every occasion. For more information or to see the full range visit liteneasy.com.au or call 13 15 12.

Add a little something extra to your next order.


Lite n' Easy

13 15 12

www.liteneasy.com.au



Desserts
4 for
\$8



Mini Meals
4 for
\$24



Meals
in a Bowl
5 for
\$25

1800

Week A

Order from this menu if your delivery is for the week
14/11/11
12/12/11
09/01/12
06/02/12

Items in **RED** type are **FROZEN** products and are to be stored in your freezer

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➔ order online at www.liteneasy.com.au

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Apricot Yoghurt Crumble Toasted Multigrain Muffin with Spread and Vegemite	Weet Bix with skim milk* Fruit 'n' Muesli Toast with Spread Greek Style Mango Yoghurt	Fruit 'n' Bran Cereal with skim milk* Grilled Cheese and Tomato on a Toasted Multigrain Muffin	Classic Fruit Muesli with skim milk* Wholegrain & Oat Toast with Apricot Jam Vanilla Yoghurt	Vanilla Crunch Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Vegemite	Bacon , Two Eggs and Tomato with a Toasted Multigrain Muffin	Fruit 'n' Bran Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Strawberry Jam
POPULAR MORNING SNACK	Two Fruits Fruit Cup	Kiwifruit	Red Apple	Seasonal Fruit	Red Apple	Fruit Salad Fruit Cup	Orange
OR							
OPTIONAL BREAKFASTS	Two Eggs, Cheese and Tomato with a Toasted Multigrain Muffin	Cheesy Creamed Corn on two slices of Multigrain Toast with Spread	4-Grain Cinnamon Cereal Two slices of Multigrain Toast with Spread and Apricot Jam	Baked Beans and Cheese on two slices of Multigrain Toast	Ham, Tomato & Cheese Omelette Two slices of Wholegrain & Oat Toast with Spread and Marmalade	Weet Bix with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Honey	Classic Fruit Muesli with skim milk* Toasted Fruit Muffin with Spread
OPTIONAL MORNING SNACK	Green Apple	Pear Fruit Cup	Kiwifruit	Red Apple	Apricot Snack Pack	Orange	Green Apple

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	BLT Salad (Bacon , Lettuce, Tomato and Egg) with French Vinaigrette Red Apple	Roast Chicken Tender with Avocado and Baby Leaf Salad in a Wrap Peaches with Raspberry Sauce	Thai Meatballs with Asian Coleslaw and Dressing Seasonal Fruit	Hawaiian Melt (Ham, Tomato, Pineapple and melted Cheese on Wholegrain & Oat Toast) Pear Fruit Cup	Chicken Burger with Beetroot Relish and Tomato on a Round Roll Orange	Thai Fried Rice with Chicken Red Apple	Pasta Carbonara Peach Fruit Cup
POPULAR AFTERNOON SNACK	Classic Choc & Oats Bar Ricotta Spinach Cake	Popcorn Apple & Cranberry Muffin	Raspberry & Apple Crumble Cheese & Chive Crackers	Corn & Parmesan Muffin Pikelets with Strawberry Jam	Greek Style Passionfruit Yoghurt Cinnamon Oat Bar	Cranberry & Walnut Cookies Crunchy Noodle Snack	Double Chocolate Cake Greek Style Forest Berry Yoghurt
OR							
OPTIONAL LUNCHES	Sliced Turkey and Cranberry Sauce Wholegrain & Oat Sandwich Orange	Savoury Meatballs and Tomato on a Round Roll Red Apple	Tuna, Baby Leaf Salad and Sweet Chilli Sauce on a Small Multigrain Roll Fruit Salad Fruit Cup	Smoked Chicken and Mayonnaise on a Round Roll Green Apple	Tomato Soup with a Small Multigrain Roll Peach Fruit Cup	Smoked Beef and Tomato Wholegrain & Oat Sandwich Kiwifruit	Cheese and Caramelised Onion Chutney on a Round Roll Red Apple
OPTIONAL AFTERNOON SNACK	Corn Chips with Salsa Dip Banana & Date Muffin	Fruit 'n' Nut Mix Wafer Crisps with Pate	Walnut & Date Cake Rice Crackers with Salsa Dip	Wafer Crisps and Cheese Spiced Fruit Cookies	Muesli Cookie Spinach & Fetta Muffin	Sultana Tea Cake Sweet Corn Fritters with Salsa	Cracker & Nut Mix Banana & Apple Bread
**Additional snacks for popular AND optional choices	Rice Pudding Tropical Nut Mix	Sweet Corn Fritters with Salsa Greek Style Mango Yoghurt	Hokkien Stir Fry Noodles Citrus Sultana Oat Biscuit	Chicken & Pasta Bake Popcorn	Mediterranean Vegetable & Meatball Pasta with melted Cheese	Wafer Crisps with Cheese and Caramelised Onion Chutney Apple & Sultana Pancake	Chicken Noodle Soup with a Long Multigrain Roll

1800

Week B

Order from this menu if your delivery is for the week
21/11/11
19/12/11
16/01/12
13/02/12

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Creamy Bircher Muesli Toasted Multigrain Muffin with Spread and Vegemite	Two slices of Fruit 'n' Muesli Toast with Spread Vanilla Yoghurt	Classic Fruit Muesli with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Vegemite	4-Grain Cinnamon Cereal Toasted Multigrain Muffin with Peanut Butter and Honey	Bacon , Tomato, Two Eggs and Tomato Sauce with Multigrain Toast	Fruit 'n' Bran Cereal with skim milk* Toasted Multigrain Muffin with Spread and Apricot Jam	Ham, Cheese and Tomato Toasted Multigrain Sandwich with Spread
POPULAR MORNING SNACK	Red Apple	Orange	Two Fruits Fruit Cup	Orange	Seasonal Fruit	Fruit Salad Fruit Cup	Red Apple
OR							
OPTIONAL BREAKFASTS	Baked Beans and Cheese on two slices of Wholegrain & Oat Toast	Weet Bix with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Honey	Two slices of Wholegrain & Oat Toast with Spread and Strawberry Jam Greek Style Passionfruit Yoghurt	Creamy Almond & Vanilla Oats Toasted Multigrain Muffin with Spread and Apricot Jam	Fruit 'n' Bran Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Honey	Ham, Tomato & Cheese Omelette Two slices of Multigrain Toast with Spread and Marmalade	Classic Fruit Muesli with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Vegemite
OPTIONAL MORNING SNACK	Peach Fruit Cup	Apricot Snack Pack	Orange	Red Apple	Kiwifruit	Orange	Green Apple

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Thai Beef Salad (Mildly Spiced Marinated Beef Strips) Seasonal Fruit	Greek Meatballs with Roma Tomato & Fetta Salad Red Apple	Chicken Nachos with melted Cheese and a Side Salad with Tomato Vinaigrette Apricots & Pears	Baked Potato Bolognaise Peach Fruit Cup	Chicken & Vegetable Risotto Red Apple	Roast Chicken Tender with Tomato and Mayonnaise on a Round Roll Kiwifruit	Chicken Spaghetti Orange
POPULAR AFTERNOON SNACK	Fig & Pecan Cookie Spinach & Fetta Muffin	Rice Crackers with Salsa Dip Sultana Tea Cake	Cinnamon Oat Bar Apple & Sultana Pancake	Greek Style Forest Berry Yoghurt Muesli Cookie	Cracker & Nut Mix Fruit Bun	Banana & Apple Bread Corn Chips with Salsa Dip	Wafer Crisps and Cheese Vanilla Yoghurt
OR							
OPTIONAL LUNCHES	Sliced Turkey and Baby Leaf Salad Multigrain Sandwich Green Apple	Pumpkin Soup with a Small Multigrain Roll Pear Fruit Cup	Tuna, Tomato and Mayonnaise on a Round Roll Red Apple	Smoked Chicken and Tomato on a Soy & Linseed Roll Kiwifruit	Corned Beef, Tomato and Mustard Relish on a Round Roll Orange	Cheese and Fruit Chutney Wholegrain & Oat Sandwich Red Apple	Smoked Beef and Tomato on a Soy & Linseed Roll Two Fruits Fruit Cup
OPTIONAL AFTERNOON SNACK	Popcorn Fruit 'n' Nut Mix	Banana & Date Muffin with Spread Ricotta Spinach Cake	Vanilla Yoghurt Cheese & Chive Crackers	Crunchy Noodle Snack Apple & Cranberry Muffin	Corn & Parmesan Muffin Cranberry & Walnut Cookies	Tropical Nut Mix Light Fruit Cake	Citrus Sultana Oat Biscuit Cracker & Nut Mix
**Additional snacks for popular AND optional choices	Southern BBQ Chicken & Wedges Apricot Snack Pack	Fettuccine Bolognaise with melted Cheese	Penne Pesto Pasta Baked Vegetable Pattie with Sweet Chilli Sauce	Chicken Chow Mein Fruit Medley	Apple Crumble Cheese & Chive Crackers	Meatball Pasta Primavera Popcorn	Pikelets with Strawberry Jam Ricotta Spinach Cake

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Week C

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28/11/11
26/12/11
23/01/12
20/02/12

OR

OPTIONAL BREAKFASTS

OPTIONAL MORNING SNACK

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	4-Grain Cinnamon Cereal Two slices of Multigrain Toast with Spread and Strawberry Jam	Classic Fruit Muesli with skim milk* Toasted Multigrain Muffin with Spread and Apricot Jam	Blueberry Yoghurt Crumble Two slices of Wholegrain & Oat Toast with Spread and Vegemite	Fruit 'n' Bran Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Peanut Butter and Honey	Bacon , Two Eggs and Tomato with a Toasted Multigrain Muffin	Toasted Fruit Muffin with Spread and Strawberry Jam Greek Style Forest Berry Yoghurt	Vanilla Crunch Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Vegemite
POPULAR MORNING SNACK	Orange	Two Fruits Fruit Cup	Orange	Kiwifruit	Red Apple	Seasonal Fruit	Peach Fruit Cup
OPTIONAL BREAKFASTS	Creamy Almond & Vanilla Oats Toasted Multigrain Muffin with Spread and Vegemite	Fruit 'n' Bran Cereal with skim milk* Cheese and Tomato Toasted Wholegrain & Oat Sandwich	Two Eggs, Cheese and Tomato with a Toasted Multigrain Muffin	Classic Fruit Muesli with skim milk* Two slices of Multigrain Toast with Apricot Jam	4-Grain Cinnamon Cereal Two slices of Multigrain Toast with Spread and Vegemite	Weet Bix with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Marmalade	Baked Beans and Cheese on two slices of Wholegrain & Oat Toast with Spread
OPTIONAL MORNING SNACK	Red Apple	Orange	Green Apple	Peach Fruit Cup	Orange	Red Apple	Kiwifruit

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Crunchy Chicken & Corn Salad Vanilla Pears with Orange Syrup	Lamb & Fetta Pizza Red Apple	Soy Chicken Tender with Salad and Hoisin Dressing Fruit Salad Fruit Cup	Italian Meatballs with Pasta Seasonal Fruit	Hokkien Stir Fry Noodles Pear Fruit Cup	Hamburger with Beetroot Relish and Tomato on a Round Roll Orange	Chicken & Pasta Bake Red Apple
POPULAR AFTERNOON SNACK	Apple & Cranberry Muffin Small Multigrain Roll with Peanut Butter	Greek Style Mango Yoghurt Classic Choc & Oats Bar	Sweet Corn Fritters with Fruit Chutney Double Chocolate Cake	Apple & Vanilla Custard Wafer Crisps with Cheese and Caramelised Onion Chutney	Walnut & Date Cake Fruit 'n' Nut Mix	Spiced Fruit Cookies Corn & Parmesan Muffin	Crunchy Noodle Snack Greek Style Passionfruit Yoghurt
OPTIONAL LUNCHES	Tuna, Baby Leaf Salad and Mayonnaise on a Round Roll Two Fruits Fruit Cup	Smoked Chicken and Tomato Wholegrain & Oat Sandwich Kiwifruit	Cheese and Caramelised Onion Chutney on a Soy & Linseed Roll Red Apple	Sliced Turkey and Cranberry Sauce Wholegrain & Oat Sandwich Red Apple	Ham, Cheese and Tomato on a Round Roll Green Apple	Chicken Noodle Soup with a Small Multigrain Roll Pear Fruit Cup	Corned Beef and Tomato on a Round Roll Orange
OPTIONAL AFTERNOON SNACK	Cranberry & Walnut Cookies Popcorn	Spinach & Fetta Muffin Tropical Nut Mix	Apricot Snack Pack Sultana Tea Cake	Banana & Apple Bread with Spread Citrus Sultana Oat Biscuit	Ricotta Spinach Cake Cinnamon Oat Bar	Fruit Bun Corn Chips with Salsa Dip	Wafer Crisps with Pate Pikelets with Strawberry Jam
**Additional snacks for popular AND optional choices	Hoisin Beef Noodles Corn Chips	Tomato Soup with a Round Roll	Hawaiian Chicken & Rice	Baked Beans and Cheese on a Toasted Multigrain Muffin	Raspberry & Apple Crumble Fig & Pecan Cookie	Thai Fried Rice with Chicken Apricot Snack Pack	Creamy Chicken & Potato Pie Popcorn

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1800

Week D

Order from this menu if your delivery is for the week
05/12/11
02/01/12
30/01/12
27/02/12

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Ham, Cheese, Avocado and Tomato on two slices of Multigrain Toast	4-Grain Cinnamon Cereal Toasted Multigrain Muffin with Spread and Strawberry Jam	Pikelets with Fruit Compote Wholegrain & Oat Toast with Peanut Butter	Classic Fruit Muesli with skim milk* Wholegrain & Oat Toast with Strawberry Jam Greek Style Passionfruit Yoghurt	Vanilla Crunch Cereal with skim milk* Grilled Cheese on a Toasted Multigrain Muffin	Weet Bix with skim milk* Two slices of Fruit 'n' Muesli Toast with Spread	Fruit 'n' Bran Cereal with skim milk* Multigrain Toast and Honey with Peanut Butter
POPULAR MORNING SNACK	Red Apple	Two Fruits Fruit Cup	Vanilla Yoghurt	Apricot Snack Pack	Red Apple	Orange	Seasonal Fruit
OR							
OPTIONAL BREAKFASTS	Weet Bix with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Honey	Creamy Almond & Vanilla Oats Ham, Cheese and Tomato Toasted Multigrain Sandwich	Fruit 'n' Bran Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Vegemite	Two Eggs and Cheese on two slices of Multigrain Toast	Two slices of Multigrain Toast with Marmalade Greek Style Mango Yoghurt	Fruit 'n' Bran Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Vegemite	Baked Beans and Cheese on a Toasted Multigrain Muffin with Spread
OPTIONAL MORNING SNACK	Orange	Kiwifruit	Red Apple	Red Apple	Green Apple	Fruit Medley	Red Apple

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Chicken & Tomato Salad with Pesto Mayonnaise Sweet Pineapple Bites	Thai Chicken Cakes with Crispy Salad and Chilli Plum Dressing Seasonal Fruit	Curried Egg Spread and Baby Leaf on a Long Multigrain Roll Kiwifruit	Meatball Pasta Primavera Pear Fruit Cup	Fettuccine Bolognese Orange	Pesto Chicken Tender with Tomato and Mayonnaise in a Wrap Red Apple	Southern BBQ Chicken & Wedges Two Fruits Fruit Cup
POPULAR AFTERNOON SNACK	Muesli Cookie Banana & Apple Bread	Corn Chips with Salsa Dip Greek Style Mango Yoghurt	Tropical Nut Mix Fig & Pecan Cookie	Sultana Tea Cake Wafer Crisps and Cheese	Spinach & Fetta Muffin Citrus Sultana Oat Biscuit	Cinnamon Oat Bar Cracker & Nut Mix	Greek Style Forest Berry Yoghurt Light Fruit Cake
OR							
OPTIONAL LUNCHES	Cheese and Mustard Relish Wholegrain & Oat Sandwich Green Apple	Penne Pesto Pasta Red Apple	Tuna, Tomato and Mayonnaise on a Round Roll Two Fruits Fruit Cup	Sliced Turkey and Tomato on a Long Multigrain Roll Orange	Smoked Chicken and Cranberry Sauce Multigrain Sandwich Kiwifruit	Smoked Beef and Fruit Chutney on a Round Roll Fruit Salad Fruit Cup	Ham, Cheese and Tomato Wholegrain & Oat Sandwich Orange
OPTIONAL AFTERNOON SNACK	Fruit Medley Wafer Crisps and Cheese	Apple & Cranberry Muffin Small Multigrain Roll with Peanut Butter	Cheese & Chive Crackers Walnut & Date Cake	Spiced Fruit Cookies Crunchy Noodle Snack	Apple & Sultana Pancake Vanilla Yoghurt	Rice Crackers with Salsa Dip Fruit Bun	Popcorn Corn & Parmesan Muffin
**Additional snacks for popular AND optional choices	Chicken Burrito , Cheese and Tomato Wrap	Baked Potato Bolognese Popcorn	Chicken Spaghetti with melted Cheese	Apricot Pudding Small Multigrain Roll with Vegemite	Tuna, Cheese and Tomato on a Long Multigrain Roll	Chicken & Vegetable Risotto Apricot Snack Pack	Pumpkin Soup and a Soy & Linseed Roll with Spread

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Lite n' Easy